

# Parenting Views

## I'M BORED

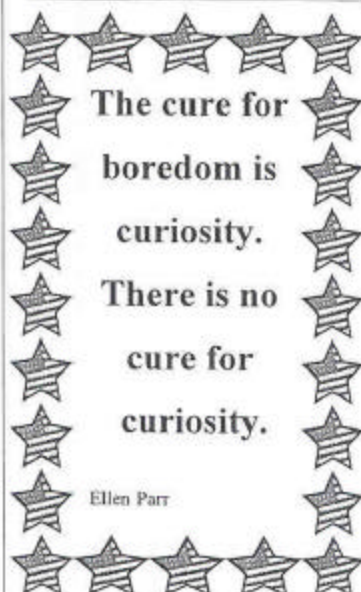
The words "I'm bored" or "Helen and Sara are going to the mall and I wasn't invited" can be bids for parents to fix or take care of the situation, or wonderful opportunities to connect with your child so that they feel lovable and capable.

- Validate and respect the child's feelings rather than encouraging them to find something to do. "It's not fun when we think there is nothing to do" or "it hurts to be left behind."
- Offer to help (if you are willing to). "Is there something that you need from me?" "Let me know if there's something you'd like me to do."
- Invite the child to think. "What would you like to do?" "Is there something you'd like to do about it?" "Tell me two things you might do, and I'll tell you another." "What would you like to do first?"
- Give permissions. "You certainly deserve a break." "It's okay for you to do nothing. Would you like to spend more time just being with yourself or with me?" "What are some other ideas?"
- Remember, being bored belongs to the person who is bored, and not something that anyone else has to fix.
- Talk with your child about boredom before they actually experience it. "What would you do if you have nothing to do?" These may involve a cost, or may be free; they may be chores or fun things to do; it may involve a volunteer opportunity in the neighborhood or community or learning a new skill. It may be worthwhile to jot down ideas each on a separate piece of paper to be put in a jar or can for times when people are bored and want to do something.
- Appreciate boredom as a feeling and teach your child to do the same. Model that they can be relaxed and comfortable without being bored. Appreciate time together or alone, just Being. Be available to play with your child from time to time.
- Respect that your child has chosen to talk with you about it. Be grateful that they have come to you.
- If your child is using, "I have nothing to do," as a way of getting you to play with them, tell them they can ask you directly. If you have time and are willing to do it, then say, "yes." If not, make arrangements to do it another time.

References & Resources: Eric Berne, Games People Play, Champaign, Gary & Campbell, Ross, M.D. The Five Love Languages of Children, Clarke, Jean Wiley, and Coraie Davison, Growing Up Again: Parenting Oneself, Parenting Our Children, Self-Examination: A Family Affair, Clark, Jean Wiley, Self-Examination: A Family Affair, Leader Guide, Hazelden, Coleman, Barbara Kishor and Worth Jr. Giving Your Child the Gift of Inner Discipline, Aron, Carmen, Delores Traits of a Healthy Family, Ballantine, Hart, Lesine, Ed.D. On the Wings of Self-Examination, Colorado Arts, Kohn, Susan What to Do When You're Bored & Bored, Wyley Books, McQueen, Angela, Boredom Bites Tap Fresh Ideas, The Associated Press, Owen, Russell, Ph.D., and Owen, Carol, M.A., Life is a Celebration, Beacon Press, Inc., Boston, Antoinette, Ph.D., and Renshaw, Bonnie, The Stress-Proof Child, Signet.



July 2003



The cure for  
boredom is  
curiosity.  
There is no  
cure for  
curiosity.

Ellen Parr



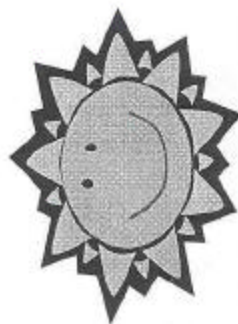
## PLAY TIPS FROM THE NATIONAL CENTER FOR LEARNING DISABILITIES

Share with playmates and other parents you child's special needs and abilities and the need for parental involvement. Experiencing success and learning to play cooperatively are the most important goals. Here are a few tips for children with:























- **Physical and sensory impairments** (like cerebral palsy, motor disorders, sight or hearing impairments) it may be hard to use game pieces, cards, action figures or keyboards in computer games. If communication is a problem, reduce stress by practicing how to say "yes/no," "your turn/my turn" and "I need help." All games take patience and activities need to be repeated. That's okay. Encourage self-improvement over competition and the importance of one-on-one with a friend.
- **Learning disabilities and language disorders**, such as dyslexia, expressive and receptive language delay (understanding others words or saying what you want to say doesn't come easily). Ask the children to repeat the rules before play begins and again later if needed. Remind children about steps, rules and changes in routine with prompts and cues. Little reminders make a difference. Beware of games that involve reading, writing, spelling, listening and repeating, and complex directions.
- **Emotional, behavioral, or attention problems**, (attention deficit/hyperactivity disorder, conduct disorder or anxiety disorders). Plan short games, offer a variety of play choices and allow the children to choose. Avoid competitive situations, focusing on cooperation and find ways for all children to win. Establish clear play guidelines. Not following rules has consequences: Time-out, one warning, switch games or play time over.
- **Cognitive disabilities and developmental delays** (such as Down Syndrome, brain injury, or Asperger's Syndrome). It may be to difficult to follow directions so be prepared to modify and simplify games. Parents may need to be play coaches to help with rules and taking turns. If it's still difficult, encourage your child to be a helper, instead of being directly involved in the game.



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Macomb County MSU Extension  
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Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>6</b> Hot Diggity Dog! National Hot Dog Month Have a cook out. 	<b>7</b> Make an edible necklace or bracelet. Take a licorice whip, string on cereal & tie the ends together. Wear and eat. 	<b>8</b> Metro Beach hot dog roast with Roscoe the Clown. 586-463-4581 7 p.m. * 	<b>9</b> Eat some watermelon or make a fruit salad. 	<b>10</b> Borders Book Children's Summer Camp. Children's storytime @ 7 p.m. on Thursdays 586-726-4555 or www.borders.com 	<b>11</b> Tell a grownup a bed time story. 	<b>12</b> Take a bike ride. 
<b>13</b> Wolcott Mill Metropark Toddler at the Mill ages 2-4. Story telling, snack & make a windsock. 2 p.m. \$2 586-749-5597	<b>14</b> Play catch with someone. 	<b>15</b> Catch the sun going down and coming back up again on an overnight campout. 	<b>16</b> Plant some pumpkin seeds. 	<b>17</b> Have a kool-aid stand. 	<b>18</b> Nature Center at Friendship Woods. In Marison Heights. Interactive displays, movies, kids classes & 36-acres of woods. 248-585-0100	<b>19</b> Go to a park 
<b>20</b> Mt. Clemens Train Ride. Take a nostalgic trip aboard this 1924 diesel locomotive. Saturday & Sundays, Joy Park, \$6 adults, \$3 children 3-12. 586-463-1863	<b>21</b> Go to your local pool to take a swim. 	<b>22</b> Play a game of hopscotch. 	<b>23</b> Find a baby picture of everyone in your family. Hang them on the refrigerator with a magnet. 	<b>24</b> Visit your local library. Libraries are more than just books. 	<b>25</b> Play hide and seek. 	<b>26</b> Help water the plants outside. 
<b>27</b> Parent's Day-observed annually the fourth Sunday of July.	<b>28</b> Teach a grownup how to play duck, duck, goose. 	<b>29</b> Visit Squirt Zone at Metro Beach. * 	<b>30</b> Metro Beach ice cream social with Roscoe the Clown. 10:30 a.m. Tot Lot * 	<b>31</b> Can you name 100 animals? Write down each of the animal's name. 	<b>* Metro Park Admission</b> \$4 per car or \$20 season pass for all 13 Metro parks. Pass is good through December 31st.	